



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Lifestyle Changes and Choices (High School PE class for overweight students)

### Contact Information

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### Program Information

<b>Program Name</b>
Lifestyle Changes and Choices (High School PE class for overweight students)
<b>Program Category</b>
New class offering addressing Obesity issue
<b>Grade Level</b>
High School (9-12)
<b>Assessment Method</b>

### Program Information

#### Products Developed or Materials Used:

created own workbook

#### Program Description:

Class is offered as a PE credit for any student entering Memorial that finds regular PE classes difficult due to size. They participate in lifetime fitness activities as well as learn about nutrition and healthy choices to incorporate in daily life.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)

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